

Whether it's a problem with alcohol or drugs, we can help.

An alcohol or drug problem, also known as a substance use disorder, occurs when a person needs alcohol or a drug to function normally and stopping use leads to withdrawal symptoms. Some of the unique issues faced by women who use drugs are further complicated during pregnancy and breastfeeding.

The good news is that someone who is addicted to drugs or alcohol can stop with the help of professionals. Most of the treatments involve changing habits through behavioral and family interventions.



DBH Alcohol and Drug Services Administration

303 E. Vanderbilt Way
San Bernardino, CA 92415
(800) 968-2636
(909) 386-8268
www.sbcounty.gov/dbh

For 24/7 access to behavioral health and substance use services call the The Access Unit at

(888) 743-1478

In an EMERGENCY, call 9-1-1.

The Screening Assessment and Referral Center (SARC)

850 E. Foothill Blvd.
Rialto, CA 92376
(909) 421-4601

For additional resources,
dial 2-1-1 from any phone or visit
www.211sb.org

*For all numbers above,
TTY users please dial 7-1-1.*

Alcohol and Drug Services Perinatal Program for Pregnant and Parenting Women



Behavioral Health

Have you ever wondered what happens if a woman:

- drinks alcohol while pregnant?
- uses marijuana while pregnant?
- uses drugs while pregnant?

When a pregnant woman uses drugs or alcohol these things can happen:

- Miscarriage
- Premature Birth
- Brain damage and problems with growth and development
- SIDS (Sudden Infant Death Syndrome)
- Low Birth Weight
- Fetal Alcohol Spectrum Disorders (FASD)
- Birth Defects
- Stillbirth

Mothers and mothers-to-be can also pass drugs and alcohol on to their babies, both while in the womb and through a mothers' milk.



(Sources: March of Dimes, Department of Health and Human Services/National Institutes of Health, National Institute on Alcohol Abuse and Alcoholism.)

Why take a chance? Call us for help for you and your child!



The Department of Behavioral Health's Alcohol and Drug Services Perinatal Treatment program helps pregnant and parenting women who are having trouble with alcohol, drugs or both.

We can provide you with treatment services, assist with child care needs, transportation and more.

Priority admission to substance use disorder treatment is given in the following order:

1. Pregnant injecting drug users
2. Pregnant substance user
3. Injecting drug users
4. All others

Confidential services offered through the Perinatal Treatment program include:

- Individualized Treatment Plans
- Individual/Group/Family Therapy
- Case Management
- Crisis Intervention Services
- Educational Components
- Referrals to other services
- Gender specific/trauma informed services
- Transportation
- Child Care
- Therapeutic services for children
- Linkage to primary care and assistance with appointments for the perinatal woman and her child(ren)

**If you would like more
information on any of
these services or
programs, please call
us at
(800) 968-2636
or (909) 386-8268.**